WONDER
SHREDDER
RECIPES

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FAVORITE TESTED RECIPES

Featuring the Wonder Shredder and Grater

The recipes contained in this Cook Book represent the contributions of famous culinary experts working in close conjunction with our large staff of Demonstrators, thus giving to you tested recipes that will prove appetizing, healthful and delicious. . . .

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FOREWORD

The management takes pleasure in presenting this little volume, believing it supplies a long felt want on the part of the American housewife. Our aim is to assist those desiring health through right eating by giving helpful hints and suggestions. Herein is a fine choice of carefully selected and tested recipes.

Diet is of the utmost importance in the maintenance of health. Many erroneously hold the thought that dieting means starving oneself. This is far from the truth. Expert dietitians are agreed that the human body is composed of seventeen elements, all of which are found in vegetables and fruit in their natural state. The lack of one or more of these elements in the diet will eventually cause ill health. Therefore it is essential that all these elements be supplied through our daily diet. In order to select the proper diet requires individual study, as the diet for one person may not be entirely suitable to another.

Helpful hints are given suggesting methods of cooking and preparing foods in an appetizing, nourishing and economical way, retaining the food values, to the end that health and happiness might be yours.

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BREADS

WHOLE WHEAT BREAD

2 cups milk
1 cake yeast dissolved in ½ cup luke warm water
5 cups whole wheat flour
¼ cup brown sugar
2 teaspoons salt

Add sugar and salt to scalded milk. Then add yeast and flour when milk is lukewarm. Beat well. Cover and put in warm place to rise until it doubles its size. Knead lightly and form into loaves and place in pans to rise and bake.

1-LB. LOAF WHITE BREAD

1 cup milk or potato water
1 teaspoon salt
3½ cups white flour
1 tablespoon fat
½ cake yeast

Pour boiling water or milk over fat and salt and when lukewarm add dissolved yeast. Add flour to make batter and beat until light and full of bubbles. After rising add enough flour to make a stiff dough, or if in a hurry, before letting rise make a stiff dough. Turn out on board and knead into a loaf. Place in warm place to rise twice its size and bake.

CAKES

COCOANUT SPONGE CAKE

2 tablespoons shortening
3 eggs
1 teaspoon salt
1 cup shredded cocoanut (fine shredder)
flour
1 cup sugar
1½ cups milk
1 teaspoon soda
3 teaspoons baking powder

Cream sugar and shortening. Add dissolved soda, salt and beaten eggs. Shred cocoanut on fine shredder and mix in other ingredients, also sifted flour and baking powder. Flour to make light batter. Moderate oven.

SPANISH DELIGHT CAKE

1 cup butter
1 cup sweet milk
2 cups flour
2 teaspoons cinnamon
½ teaspoon nutmeg
1 cup sugar
4 eggs (less whites of two)
3 teaspoons baking powder
1 teaspoon ginger

Cream butter and sugar. Add milk and beaten eggs. Sift flour and baking powder, cinnamon, ginger and nutmeg and stir into the liquid. Bake, then take from oven and spread beaten egg whites with enough brown sugar to thicken. Put in oven to set.

PIONEER JOHNNYCAKE

2 cups cream or ½ cup butter or Crisco
1 cup sugar
1 teaspoon salt
2 cups corn meal
flour
2 cups milk (if shortening is used)
2 eggs
1 teaspoon soda
3 teaspoon baking powder

Cream sugar and shortening, if cream is not used. Add milk, salt, soda dissolved in warm water, beaten eggs and mix thoroughly. Stir in cornmeal, add sifted flour with baking powder. Use enough flour to make light batter. Bake in medium oven.

LIGHT CHRISTMAS CAKE (No spices)

1 lb. seeded raisins
1 lb. seedless raisins
1 lb. light sultanas
1 lb. currants
½ lb. citron peel
½ lb. orange and lemon peel
1½ lbs. flour or 6 cups
1 tablespoon lemon, vanilla and almond extract
2 teaspoons baking powder
½ lb. cherries
½ lb. almonds
½ cup brandy
1 lb. butter
1 lb. fruit sugar
8 eggs

Wash and flour fruit. Cut up cherries. Shred peel on fine or medium Wonder Shredder; almonds on fine shredder.

Blend shortening, sugar and eggs. Add all other ingredients mixing very well. Bake in pan lined with heavy brown paper. Bake slowly (250 degrees) 2½ hours in small pans, longer if baked whole.

WHOLE WHEAT LAYER CAKE

3 eggs
1½ cups sugar
½ cup butter
3 level teaspoons baking powder
1½ cups milk
3 cups whole wheat flour
¼ teaspoon salt
nutmeg
icing to suit taste

To the beaten eggs add sugar, butter, milk, salt and nutmeg. Gradually add the flour and baking powder.

CANNING

CANNED CORN

Use coarse shredder to take the corn off the cob easily and quickly then put the cobs on to boil in cold water to cover. Boil twenty minutes and strain. Mix corn and corn water in the proportions of four bowls of water to two of corn and two tablespoons sugar, cook on top of stove until it swells. Fill glass jars, put rubbers and covers in place and cook again in kettle of hot water for one hour. Tighten covers and put in cool dark place.

COOKIES

KISSES

1½ cups (shredded) cocoanut sweetened evaporated milk

Break open a cocoanut. Shred on fine shredder 1½ cups cocoanut. Add enough sweetened and thick evaporated milk to hold cocoanut together. Drop on buttered pan and let brown in oven. Trim with cherry on top if desired.

MOTHER'S RELIABLE

1½ cups sugar
1 cup cream
1 teaspoon salt
flour
1 cup butter
1 teaspoon soda
3 teaspoons baking powder

Beat butter and sugar till light. Add cream, soda dissolved in warm water, salt, sifted flour with baking powder. Thicken enough with flour to roll; cut with cookie cutter and trim with raisins or sprinkle sugar on dough and slightly roll in. Put in quick oven.

PRINCESS OATMEAL GEMS

1 cup sugar
½ cup butter
1 egg
1 teaspoon salt
2 teaspoons baking powder
½ cup lard
1 cup milk
2 cups oatmeal
1 teaspoon soda
flour

Cream the butter, lard and sugar together. Add salt, soda dissolved in luke warm water, milk and beaten egg. Stir thoroughly. Add oatmeal, sifted flour and baking powder. Thicken enough to roll with flour. Cut with cookie cutter and place in pans, drop jelly or jam on top of each cookie pressing edges of a top cookie laid on those in the pan and bake.

SUGAR COOKIES

2/3 cup Crisco
1¼ cups sugar
2 eggs
1 orange, shred rind
1½ teaspoons salt
2 teaspoons baking powder
3 cups flour
1 tablespoon orange juice

Cream Crisco, sugar and eggs together. Mix and sift flour, salt and baking powder and add to first mixture. Add rind and juice and mix to a smooth dough. Chill. Roll out thin on floured board. Cut with cookie cutter. Bake in moderate oven (325) 12 minutes. Makes about 60 cookies. Shredded lemon and orange rind or sprinkled white or brown sugar on top is good.

CHEESE DISHES

CHEESE STRAWS

1 pint shredded cheese (fine)
¾ cup flour
2 tablespoons butter
a little salt

Mix with water, roll out and cut in strips about 5 inches long; bake to a light brown.

ITALIAN MACARONI AND CHEESE

1 cup macaroni
2 tablespoons fat
1 cup buttered bread crumbs
1½ cups tomatoes or tomato sauce
2 cups milk
½ teaspoon salt
1 cup grated cheese
6 tablespoons flour
white pepper or paprika

Break macaroni into two inch pieces. Cook in boiling salted water until tender, then drain and run cold water over it. Add tomatoes and cheese and put into buttered baking dish, sprinkle bread crumbs over the top and bake until browned.

JELLO CHEESE LOAF

1 pkg. Jell-O (your favorite flavor)
2 cups boiling water
1 teaspoon salt
1 cup finely shredded cheese
½ cup mayonnaise

Dissolve Jell-O in water and then add salt. Chill until cool. Place in a bowl of cracked ice or ice water and whip till fluffy like whipped cream. Mix cheese and mayonnaise and fold into Jell-O. Turn into moulds and chill. Serve on crisp lettuce leaf.

TOASTED CHEESE SANDWICHES

Shred a sharp cheese on fine shredder. Use new bread, remove crust and generously sprinkle on shredded cheese. Roll and hold in place with a tooth pick. Toast in hot oven, preferably under broiler. Serve hot.

WELSH RAREBIT

Melt 1 tablespoon of butter in double boiler. Add a few grains of salt, mustard and pepper. Add 1 cup cheese shredded on fine shredder. When melted add 1 cup milk and 1 beaten egg. Stir constantly until mixture thickens and is smooth. Serve at once on crisp toast or crackers. This is a delicious late supper dish.

DESSERTS

APPLE SHERBET DESSERT

Cut pound cake into squares. Place squares into sherbet dishes. Shred one-half sweet apple into each sherbet dish, using fine shredder. Pour thin boiled custard over and chill.

BAKING APPLES

Apples shredded with coarse shredder with a sprinkling of sugar may be baked in 10 to 15 minutes and are delicious. This is scientific cooking as short heats protect the vitamines and retain the flavors.

DELICIOUS APPLE SNOW

Shred two medium sized apples with fine shredder (don't peel) and add a spoonful of honey or sugar and beaten white of an egg and beat well together. Serve with or without cream and it is delicious. This, without cream makes a dandy filling for layer cakes.

FILLINGS FOR CAKES

BANANA FILLING (Cake)

Shred 2 bananas on the medium shredder. Add ¼ cup sugar and lemon juice to taste.

COCOANUT FILLING (Cake)

2 tablespoons corn starch
5 tablespoons sugar
⅛ teaspoon salt
1 cup milk
1 egg
½ teaspoon vanilla
⅔ cup cocoanut

Scald the milk, add sugar, corn starch and salt. Cook in double boiler, stirring until thick and there is no taste of corn starch. Beat egg and add to mixture and cook for a few minutes. Add shredded cocoanut (on fine shredder) and flavoring.

DATE FILLING (Cake)

1 cup pitted dates
1 tablespoon butter
1 tablespoon corn starch
¾ cup brown sugar
1 teaspoon salt
1 tablespoon flour

Boil dates until cooked. Add sugar, salt and butter. Mix corn starch and flour together with water and add to mixture until right thickness. Cook until clear.

LEMON FILLING (Cake)

½ cup sugar
1 tablespoon butter
2 tablespoons flour
1 egg
2 tablespoons lemon juice
rind of one lemon (grated on fine shredder)

Mix sugar and flour, add egg slightly beaten, lemon juice and rind, also butter. Cook and stir constantly until clear. Spread when cool.

(Orange filling can be made in the same way.)

FILLINGS FOR PIES

GREEN TOMATO MINCE MEAT

2 quarts green tomatoes (coarse shred)
½ lb. suet
2 cups shredded apples
1 orange
3 cups brown sugar
1 lb. seedless raisins
2 tablespoons mixed spices
½ cup salt

Shred tomatoes, sprinkle with salt, place in earthenware bowl and allow to stand over night. In morning pour into colander and allow to drain. Rinse in cold water and place in open kettle. Shred orange skin and all. Shred apple without peeling. Simmer for two hours. Stir frequently. Shred suet, add raisins and sugar and simmer another hour.

Can in sterilized jars. Use for double crust pies.

LEMON PIE FILLING

1 cup sugar
2 rounded dessert spoonfuls cornstarch
pinch salt
juice and grated rind of 1 lemon
yolks 2 eggs

Place in pan. Blend thoroughly and add 1 cup water. Cook until thick. Remove from stove and add one small teaspoonful butter. Place in pie shell, and cover with meringue made from whites of two eggs.

MINCE MEAT

5 lbs. apples (shred on coarse shredder)
2 lemons
2 lbs. suet (medium shredder)
2 lbs. layer raisins
2 lbs. white raisins
2 lbs. currants
½ lb. citron peel (shredded)
¼ lb. orange peel (shredded)
¼ lb. lemon peel (shredded)
¼ lb. almonds
3 lbs. brown sugar
1 tablespoon ground cloves
1 tablespoon alspice
1 tablespoon salt
1 tablespoon mace
1 tablespoon nutmeg
1 tablespoon ginger
2 lemon rinds
1 qt. hard apple cider

Of the above ingredients put first eleven into an open kettle over fire with sugar made to a syrup with a very little water. While heating add spices, juice and rind of two lemons. Boil 15 minutes. Take off stove. When cold add hard apple cider (¾ pint brandy if you wish). Pack in crock or large sealers. Grows mellow with age.

PUMPKIN PIE

2 cups steamed drained pumpkin
1 cup milk
2 eggs
½ teaspoon cinnamon
½ cup sugar
¼ teaspoon salt
½ teaspoon nutmeg
¼ teaspoon ginger

Mix well sugar, salt and spices to which add pumpkin and slightly beaten eggs. To this gradually add milk. Bake in a slow oven.

FOWL DRESSINGS

DRESSING FOR ROAST CHICKEN

2½ cups bread crumbs (med.)
salt, pepper
1 tablespoon shredded onion
¼ cup melted fat
¼ cup scalded milk
1 tablespoon summer savory

Melt fat in milk, pour over the shredded bread crumbs. Add seasoning. (For roast turkey use twice the amount, and if dressing is to be served cold, add one beaten egg.)

POTATO FOWL DRESSING

2 cups mashed potatoes
1 teaspoon butter
1½ cups shredded bread crumbs (med.)
fowl seasoning
1 shredded onion on medium shredder
½ teaspoon salt
2 tablespoons flour

Shred bread crumbs on medium shredder. Mix potatoes into them thoroughly; also onion and melted butter and salt, seasoning and flour.

JELLIES, JAMS AND RELISHES

APPLE JELLY

Wash apples, removing any bad spots; shred, using cores as well, on coarse shredder into enamel preserving kettle. Add enough water to barely cover apples. Cover and cook till apples are soft and clear. Mash apples lightly and put in old flour sack or jelly bag. Allow to drip.

Boil 20 minutes and add sugar—if apples are green ¾ cup to 1 cup of liquid. Boil 5 minutes (skim) and test by putting a teaspoonful on a cool saucer. If it jellies at once, remove from fire and pour into sterilized glass. Cover with parafin wax.

QUINCE JELLY (Same as apple)

VEGETABLE MARROW JAM

6 lbs. marrow (use coarse shredder)
5 lbs. white sugar
3 lemons, sliced
2 oz. ginger root

Cover marrow with sugar and lemon and let stand over night. Next day boil for two hours with ginger root well crushed and tied in cheese cloth. When done remove ginger. (Do not over cook.)

BITTER SWEET

2 cups shredded cabbage (fine)
3 tablespoons sugar
½ teaspoon pepper
2 tablespoons vinegar
1 teaspoon salt

Shred cabbage on fine shredder. Add sugar, salt and pepper, stir in vinegar.

CUCUMBER RELISH

½ dozen cucumbers
1 qt. small onions
2 small red peppers
1 tablespoon salt
1 lb. brown sugar
2 cups vinegar
¾ teaspoonful white mustard
1 teaspoonful tumeric

Peel onions, shred cucumber, onions and red pepper on fine shredder. Sprinkle with salt and after allowing to stand for one hour, drain and add brown sugar, white mustard seed and tumeric. Cook until tender.

HORSERADISH RELISH

1 pkg. lemon Jell-O
1 pint boiling water
1 pimento
½ green pepper
½ cup grated horseradish

Add boiling water to Jell-O, add pimento and green pepper shredded on fine shredder. Grate horseradish on fine shredder and add. Some consider 2 tablespoons vinegar a great help to this relish.

SPICED PEARS

4 lbs. pears shredded on coarse shredder
3 lbs. sugar (brown)
1 pint malt vinegar
½ oz. whole allspice
½ oz. whole cloves
½ stick cinnamon

Tie spices in small cheese-cloth bag. Boil ten minutes with vinegar and sugar. Skim. Add fruit. Cook till tender. Remove the fruit. Boil down sugar and vinegar till syrupy; pour over fruit in jars and seal. Lovely with cold turkey.

Peaches, grapes, plums, canteloupe, quinces, watermelon rind and cucumbers may be prepared the same way.

TOMATO PICKLES

1 peck green tomatoes
1 lb. brown sugar
3 tablespoons cinnamon
1 teaspoon cloves
1 teaspoon cayenne
1 doz. onions
1 cup salt
1 teaspoon allspice
1 tablespoon ginger
4 cups vinegar

Shred onions and green tomatoes with coarse shredder. Add salt and let stand over night. Drain and add vinegar, sugar and spices. Boil until cooked. Whole spices may be put in a bag and boiled with ingredients then removed if desired.

MARMALADES

CARROT MARMALADE

3 cups carrots **5 large lemons**
6 cups sugar

Shred carrots on medium shredder. Steam until tender. Shred the rind of lemon on fine shredder, and mix with the cooked carrot. Add sugar and juice of lemon. Cook, stirring frequently until the mixture is of the consistency that you desire, about 45 minutes.

SWEET ORANGE MARMALADE

Take 1 dozen medium sized oranges and ½ dozen lemons, (cranges and lemons should be firm), 7 lbs. sugar and 3 quarts water. Place shredder over inside edge of kettle and shred oranges and lemons into kettle, add the water and let stand for 36 hours, then boil 1½ hours until done. This makes a delicious sweet marmalade.

Instead of shredding down the oranges entirely, the peeling only may be taken off with fine shredder and the balance put through meat chopper and then mixed with peelings. In this way you get the orange and lemon peel in longer shreds. If you desire clear marmalade strain out pulp after going through meat chopper.

GOLDEN MARMALADE

3 oranges **1 grapefruit**
2 lemons

Force lemon and oranges through fine or medium shredder, grate peeling of grapefruit, discarding all of inner white portion which is very bitter. Force remainder of fruit through shredder. Measure pulp and add three times as much water as pulp, and let stand over night. In the morning bring to boil and boil ten minutes. Let stand over night again and in morning measure and add cup for cup of sugar, and boil about two hours slowly. Cook until thick and golden colored.

APPLE GINGER MARMALADE

4 lbs. apples **1 oz. green ginger**
4 lbs. sugar **rind of**
1 pint water **4 lemons (finely shredded)**

Sugar is dissolved in water. Apples shredded on medium shredder to which add chopped ginger. Add to syrup lemon rind and simmer slowly 3½ hours.

MUFFINS

DELICIOUS BRAN MUFFINS

2 cups cream or 1¾ cups sour milk
¾ cup sugar
2 eggs
1 tablespoon molasses
1 cup seedless raisins
3 teaspoons baking powder
Scant ¾ cup butter or Crisco
1 teaspoon salt
1 teaspoon soda
add spices if desired
2 cups bran flour

Cream sugar and butter or cream together. Add salt, soda dissolved in warm water and beaten eggs, molasses and spices. Stir thoroughly. Add bran and stir, then flour and baking powder sifted thoroughly. Drop in oiled muffin tins and bake.

DUTCH GRAHAM MUFFINS

2 tablespoons shortening
1 cup sour milk
1 teaspoon salt
½ cup flour
½ cup brown sugar
1 teaspoon soda
1 cup graham flour
2 teaspoons baking powder

Cream sugar and shortening. Add soda dissolved in warm water, salt and milk. Sift graham flour and white flour with baking powder. Mix and drop in well oiled muffin tins and bake in moderate oven.

PANCAKES

GERMAN POTATO CAKES

3 medium sized potatoes shredded on fine shredder
2 eggs
½ teaspoon salt
pepper

To shredded potato, add beaten eggs, salt and pepper. Beat all together lightly. Cook like hot cakes and brown well. This recipe is exceptionally nice if cakes are baked in oven for 20 to 25 minutes.

POTATO PANCAKES

3 or 4 large potatoes on fine shredder
2 eggs (well beaten)
1½ tablespoons of flour
½ teaspoon salt
⅓ cup sweet milk
add onion juice if desired

Mix all together and bake slowly on well greased griddle. Serve with maple syrup or crisp bacon.

WHOLE WHEAT PANCAKES

2 cups sour milk
½ teaspoon salt
2 teaspoons baking powder
2 eggs
1 good teaspoon soda
2 cups whole wheat flour
flour

Dissolve soda in warm water. Add salt and milk and stir thoroughly. Add sifted whole wheat flour with baking powder, adding enough white flour to make a light batter. Beat well.

PASTRY

PIE CRUST

2 cups flour
1/3 teaspoon salt
2/3 cup shortening

Flour and salt mixed together into which work shortening. Add enough water to make dough stiff. Roll and bake on back of tins.

WHOLE WHEAT PIE CRUST

½ cup shortening
1½ cups whole wheat flour
¼ teaspoon salt
ice water

Cut shortening into sifted flour, and salt, then add water carefully mixing to a stiff dough. Turn on a floured board and roll in one direction.

PUDDINGS

APPLE ROLL

PASTRY

2 cups flour
3 teaspoons baking powder
½ teaspoon salt
2 tablespoons shortening
¾ cup milk or half milk and half water

FILLING

2 large cooking apples
cinnamon and brown sugar
½ cup walnut meats
2 tablespoons butter

Sift flour, salt and baking powder. Cut in shortening with pastry mixer, add liquid slowly to make a soft dough. Roll out on floured board to about ¼ inch in thickness spread with butter, cinnamon and brown sugar. Sprinkle with walnut meats. Shred apples with medium fine shredder on top of walnuts. Roll up like jelly roll and bake in deep bread pan, which has been greased. Bake 400 degrees F. 25 minutes and serve with hard sauce or whipped cream.

BROWN BETTY

apples
½ cup sugar
1 teaspoonful cinnamon
hot water
2 cups stale bread
1 orange or 1 lemon
shredded rind, juice of either orange or lemon
little butter

Grease well a deep dish. Shred in apples, skins and all on medium or coarse shredder. Mix sugar and cinnamon and sprinkle over apples. Break up two good cups stale bread, shred rind of one orange or one lemon on fine shredder over crumbs, also juice of either orange or lemon and a little hot water. Place over apples and sprinkle with remaining cinnamon mixture. Dot with butter. Cook in 350 degrees temperature.

CARROT PUDDING NO. 1

½ cup shredded carrot
½ cup shredded potatoes
½ cup raisins
½ cup currants
½ cup sugar
1 cup flour
1 cup suet
½ teaspoon soda

This requires no spices. Mix well. Steam in buttered mold 2½ hours.

CARROT PUDDING NO. 2

1 cup brown sugar
1 cup carrot (shredded)
1 cup potato (shredded)
1 cup raisins
1 cup currants
1 cup flour
½ cup suet
½ teaspoonful salt
½ teaspoonful cloves
½ teaspoonful cinnamon
¼ teaspoonful nutmeg
2 teaspoonfuls citron (shred)
1 teaspoonful soda

Dissolve soda in a little warm water. Steam in buttered mould three hours. (Whole wheat flour may be used if desired.)

CARROT PUDDING NO. 3

½ cup butter
1 cup brown sugar
2 well beaten eggs
1 cup bread crumbs
mixed spices to taste and salt
2 cups shredded carrot
1 cup raisins
1 cup currants
1 teaspoon baking powder

Cream the butter and sugar. Add well beaten eggs and then other ingredients.

Turn into a buttered mould and steam for three hours. Serve with any preferred pudding sauce.

OLD-FASHIONED APPLE PUDDING

Place a layer of sliced tart apples (use coarse shredder) in a buttered baking dish, add seeded raisins, sprinkle with sugar and chopped English walnuts, and flavor with grated nutmeg; cover with a layer of bread crumbs, dotting with bits of butter. Repeat successive layers until dish is filled, having thin layer of sugar on top. Pour in hot water to ¼ the height of the dish, and bake until pudding is a delicate brown.

SUET PUDDING

2 cups suet (shredded med.)
2½ cups bread crumbs (shredded med.)
3 eggs
2/3 cup brown sugar
½ of a lemon peel or
¼ cup fine shred
1 cup flour on fruit
2 cups cut raisins
2 cups chopped dates
1 cup currants
½ teaspoon cinnamon
2 teaspoons cream of tartar
½ cup milk
½ cup honey or syrup
½ teaspoon salt
1 teaspoon soda

Add syrup and milk to suet. Stir flour through fruit and peel; add well beaten eggs, then bread crumbs mixed with cream of tartar, spices, salt and sugar. Dissolve soda in a little warm water and add to fruit mixture. Turn into buttered pudding molds and steam three hours. Half this quantity for small family.

SALADS

CUCUMBER AND PIMENTO SALAD

1 cucumber
1 can pimentos
French dressing
garlic

Pare a chilled cucumber and shred on coarse shredder Julienne strips 1½ inch in length. Drain pimentos from liquid in can. Rinse in cold water, dry between towels and cut in shreds in size of those of the cucumber; use equal measure of each. Marinate separately with French dressing delicately flavored with garlic. Arrange cucumber in center of bed of cress or pepper grass and dispose shreds of pimento in a border around cucumber. Set a large rose of heavy mayonnaise on top of cucumber and dot over with very small roses of mayonnaise.

BIRD'S NEST SALAD

1 large head lettuce

STUFFING NO. 1
shredded cabbage (fine shred)
crushed pineapple
mayonnaise dressing

STUFFING NO. 2
shrimp or lobster
shredded celery (medium shred)
diced apples (medium shred)
salted nuts
mayonnaise dressing

STUFFING NO. 3
shredded cabbage (medium shred)
shredded carrots (fine shred)
green peppers (medium shred)
mayonnaise dressing

Core the head lettuce. Place in colander—cold water will loosen and swell the head of lettuce into an attractive "Bird's Nest." Place into a large attractive low salad bowl. Fill with one of the above stuffings.

CABBAGE, APPLE AND RAISIN SALAD

1 small cabbage
3 red apples
½ cupful French dressing
1 cupful seedless raisins

Shred cabbage fine. Shred apples without peeling. Drop them into the dressing at once to prevent discoloration. Combine with cabbage and raisins. Toss with a fork until thoroughly mixed. Drain and serve.

CABBAGE CHEESE SALAD

3 cups fine shredded cabbage
1 cup fine shreded carrot
1 green pepper
1 cupful diced tomatoes
¾ cupful shredded cheese
mayonnaise

Shred cabbage in bowl, allow to chill thoroughly until just before serving. Then drain cabbage, add carrots and green peppers, tomato, cheese and dressing. Toss well together. Serve arranged on individual beds of lettuce.

CARROT AND CABBAGE SALAD SUPREME

1¼ cups finely shredded cabbage
½ cup diced onion
¼ cups shredded raw carrot
¼ cup green pepper
French dressing
paprika

Mix together and marinate with French dressing for a short time. Sprinkle with paprika and serve on crisp lettuce.

CELERY AND APPLE SALAD

2 cups shredded celery
3 cups shredded apples (medium)
½ cup broken nuts
1 cup diced pineapples
1 cup salad dressing

Chill the ingredients. Combine half the dressing with rest of ingredients. Serve on lettuce and top with rest of dressing. Serve at once.

CHILLED VEGETABLE SALAD

3 carrots
3 small beets
1 small head cabbage

Shred beets and carrots on fine shredder. Place beets on bottom of mold; add cabbage shredded on medium shredder and layer of carrots. Pour thin mayonnaise dressing on vegetables filling mold. Chill.

DEVILED EGG SALAD

4 hard boiled eggs
6 tablespoons deviled ham
2 teaspoonsfuls chopped olives
1 teaspoon lemon
¼ teaspoon mustard
¼ teaspoon sugar

Cut eggs in half. Mash yolks and add other ingredients. Refill egg whites. Serve with mayonnaise. Garnish with lettuce or parsley.

ECONOMIC CARROT SALAD

2½ cups carrots, shredded raw (fine)
½ cup seedless raisins

Wash carrots clean and shred with fine shredder. Have raisins dry before adding to carrots. Serve on lettuce leaf with dressing.

FRESH FRUIT SALAD

1 cup pineapple
1 apple
1 orange
peaches, pears or bananas
whipped cream or ice cream

Shred pineapple on medium shredder if fresh, or use canned. Shred apple on medium shredder. Dice orange. Add peaches, pears or bananas shredded on medium shredder.

This may be served with whipped cream, ice cream, or topped off with a cherry. Sweeten a little if desired.

FRIZZLED CABBAGE—MANHATTAN STYLE

½ small sweet white cabbage
1 cup blanched finely shredded almonds
1 cup fresh shredded cocoanut
⅓ cup finely cut pimentos
mayonnaise

Finely shred small firm ½ head of sweet white cabbage. Cover with ice water; let stand in a cold place until well frizzled and crisp. Drain and swing in a cloth until quite dry. Toss together cabbage, blanched and shredded almonds and fresh shredded cocoanut and finely cut, not chopped, pimentos. When well mixed moisten generously with mayonnaise. Pile moundlike on a shallow serving dish and surround with crisp lettuce heart-leaves or watercress.

IDEAL ORANGE NUT SALAD

1 banana
2 oranges
¼ cup nuts
lettuce
dressing

Shred bananas on medium shredder. Sprinkle over with finely chopped nuts. Peel oranges, cut in slices removing center core. Place banana on center of each slice. Serve on lettuce leaves.

JELLO VEGETABLE SALAD

1 package of lemon Jell-O, over which pour 1 pint boiling water. To those who particularly like lemon juice we recommend adding two or three tablespoonfuls to this Jell-O. Before the Jell-O is set add ½ cup fine shredded cucumber; ¼ cup fine shredded celery; ½ cup fine shredded carrot. Put in moulds and allow to cool. When served a little mayonnaise is appreciated by many. We suggest not adding the vegetables until the Jell-O is cool for if added when it is hot they will be tough.

JELLIED PEA SALAD

1 tablespoon gelatine
¼ cup cold water
¾ cup of liquid from canned peas
1 tablespoon fine shredded peppers
a little alspice and pepper
1 cup tomato puree
1½ cup canned peas
1 hard boiled egg (shred on medium shredder)
¾ teaspoon salt
1 teaspoon onion juice

Drain peas, after boiling. Soak gelatine for 5 minutes in cold water. Add boiling pea liquid to gelatine. Stir until dissolved then add tomato puree, onion juice, salt and spices. Let cool until it begins to set. Chop peas and green peppers and add to gelatine. Pour into mould and chill. Unmould and garnish with lettuce leaves, green pepper rings and sprinkle with shredded egg. Serve with dressing.

LUCKY BOY CARROT SALAD

1 banana
1 large or two small carrots
1 medium sized apple
¼ cup pecans
½ cup raisins

Shred carrot using fine shredder; banana using medium shredder, and apple using medium or fine shredder. Mix and use with or without dressing.

POTATO AND EGG SALAD

3 cups boiled coarse diced potatoes
3 hard boiled eggs
head lettuce
2 tablespoons parsley (finely shredded)
1 tablespoon onion juice
salt and pepper to suit

Mix potatoes, onion juice, parsley, salt and pepper together. Moisten with salad dressing. Allow to chill. Serve on lettuce, garnish with peppers, egg whites and yolks chopped separately.

PERFECTION SALAD

1 level tablespoon clear gelatine
¼ cup cold water
¼ cup mild vinegar
1 tablespoon lemon juice
1 cup boiling water
¼ cup sugar
½ teaspoon salt
½ cup cabbage (medium shredder)
1 cup celery
1 pimento or
2 tablespoon sweet red or green peppers

Soak gelatine in cold water 5 minutes. Add vinegar, lemon juice, boiling water, sugar and salt. When mixture begins to cool, add vegetables.

Turn into wet mold and chill. Remove and place on lettuce leaf. Garnish with mayonnaise and finely shredded carrot. This is delicious with cold sliced chicken or veal.

MARVEL CHEESE SALAD WITH FRUIT

1 tablespoon gelatine
¼ cup cold water
½ cup milk
1 diced orange
salad dressing
1 cup finely shredded cheese
½ teaspoon salt
½ cup diced pineapple
1 cup diced banana (or other fruit)

Soak gelatine in cold water 5 minutes and dissolve over hot water. To shredded cheese add salt, milk and gelatine. Turn into wet mould. Unmould the cheese ring on a bed of lettuce and fill center with fruit which has first been diced on medium shredder. Add salad dressing.

POTATO SALAD

5 medium sized potatoes (cooked with skins on)
1½ cups celery (shred on medium shredder)
2 tablespoons chopped parsley
½ teaspoon shredded onion
1 teaspoon salt
⅛ teaspoon paprika
1 hard boiled egg
olives

Shred potatoes on medium or coarse shredder. Cover with a little French dressing and chill. Just before serving add celery, onion, salt and paprika. Moisten with mayonnaise dressing. Garnish with lettuce, egg and olives.

PINEAPPLE AND SHRIMP SALAD

2 cups diced pineapple
1 cup shrimps
½ cup ripe olives

Drain the juice from pineapple. Chill pineapple, shrimp and olives separately. Arrange lettuce leaves in salad bowl or on individual plates. Dice pineapple on medium shredder and pile in center. Place shrimps and olives attractively around salad ½ inch apart.

PLAIN COTTAGE CHEESE SALAD

1 cup cottage cheese
1 teaspoon parsley
1 pinch paprika
1 teaspoon shredded onion
2 tablespoons cream
1 dozen chopped walnuts

Serve with dressing on crisp lettuce.

PYRAMID SALAD

white cabbage
red cabbage
radishes
parsley
dressing

Shred white cabbage on medium shredder; red cabbage on fine shredder and radishes on fine shredder.

After the white cabbage has been arranged on plate, follow up the building by pyramiding the red cabbage. The tip should be radishes and parsley if desired. Pour dressing over.

QUEEN CABBAGE SALAD

3 cups finely shredded cabbage
1 cup finely shredded celery
3 slices chopped pineapple

Serve with dressing.

RADIO SALAD

1½ cups shredded apple
1½ cups shredded celery
1 head lettuce
1 tablespoon finely cut pimento
mayonnaise
lemon juice

Separate the heart leaves of head lettuce, arrange them in individual nests. Cut the hearts of crisp celery into ½ inch pieces crosswise. Pare, core and thinly shred (fine shred) fine flavored apples, sprinkle them with lemon juice at once to prevent discoloration. Toss apples and celery lightly together. There should be 1½ cups of each. Add finely cut pimento. Mix well; moisten with mayonnaise. Place a large spoonful in each lettuce nest. Finish with a dainty figure cut from pimento.

STUFFED BEET SALAD

6 new beets of uniform size
1 cucumber
3 new onions
2 or 3 young radishes
French dressing

Boil 6 new beets of uniform size until tender. Drain and cover with vinegar. Let stand over night. Drain from vinegar; rub off the skins; scoop out the center so as to form a cup. Arrange in nests of cress or lettuce leaves. Shred fine the cucumber, onions and radishes (do not pare them). Mix all lightly together and marinate with French dressing. Fill cups with mixture and garnish with a mayonnaise rose of radish set on top of each cup.

Decorate with bits of beet dice on fine or medium shredders.

STUFFED VEGETABLE SALAD

Shred cabbage on medium shredder. Cut tomato in eighths and hollow. Save filling for garnishing. Shred carrots on fine shredder. Shred green pepper on medium shredder.

Arrange cabbage on salad plate then slip the tomato petals into the cabbage. Fill with carrot and pepper and garnish with the tomato filling.

SUNSET SALAD

1 box lemon Jell-O
1 cup shredded carrots (fine)
1 cup shredded fresh pineapple (medium)

Add 1 pint of boiling water to the Jell-O and let cool. Mix the pineapple and carrots thoroughly and add to the cooled Jell-O. Pour into moulds and let cool. Serve on salad plate garnished with lettuce.

TOMATO WITH JELLIED STUFFING

4 large ripe tomatoes
½ cup cabbage finely shredded
2 stalks celery finely shredded
½ green pepper finely shredded
½ teaspoon grated onion
2 tablespoons mayonnaise
salt, paprika
1 cup boiling water
½ tablespoon gelatine

Cut slice off stem end of tomatoes, carefully scoop out pulp; sprinkle inside of shell with salt, and turn upside down to drain. Heat water, and add gelatine which has been dissolved in ¼ cup cold water. Season shredded vegetables with salt and paprika, and add mayonnaise. When the jelly is beginning to set, stir in vegetables and fill tomatoes with mixture. Put in ice box to cool.

WALDORF SALAD

1 cup apples (shred on medium)
½ cup celery (shred on medium)
¼ cup walnuts

Serve on crisp lettuce with French dressing. If desired shred and add cabbage to this salad.

SALAD DRESSINGS

FRENCH DRESSING

3 tablespoons lemon juice
½ teaspoon sugar
little pepper if desired
½ cup of salad oil

Mix well the seasonings, add lemon juice and oil. Put mixture in bottle and shake well.

To suit the individual taste any of the following may be added to the above ingredients: mustard, celery salt, garlic, onion finely shredded, onion salt, chopped or shredded olives, pickles, pimentos, green peppers, parsley, etc., etc.

MAYONNAISE DRESSING (Uncooked)

1 teaspoon brown sugar
¼ teaspoon mustard
½ teaspoon salt
¼ teaspoon paprika
pinch pepper
1 egg yolk
½ cup evaporated milk (chilled)
¾ cup salad oil
3 tablespoons lemon juice

Mix dry ingredients and stir in egg yolks mixing well. Add oil one teaspoonful at a time, beating thoroughly between. After one-third of oil is used add milk and oil alternately. As mixture thickens add lemon juice alternately with milk and oil. Beat well. Keep in cool place.

SALAD DRESSING

1 egg
2 tablespoons sugar
1½ teaspoon dry mustard
⅛ teaspoon paprika
¼ cup vinegar
¾ cup mazola oil
1½ teaspoon salt
2 tablespoons cornstarch
1 cup water

Mix cornstarch with ½ cup water and when remaining ½ cup is boiling add mixture of cornstarch and water and boil till thick. Have all other ingredients in a mixing bowl, then add boiled mixture while hot and beat with egg beater till nice and smooth. Shred a little onion into this with the fine shredder.

WONDER SALAD DRESSING

Our three minute special dressing; 2 tablespoonfuls of Libby's prepared mustard, 1 tablespoon evaporated milk, 1 tablespoonful salad oil, lemon juice to flavor, salt and pepper.

Olive oil, lemon juice, salt and honey, well beaten, make an appetizing salad dressing. Sweet or sour cream is good. Mayonnaise is nourishing. Peanut, or any nut butter, creamed with oil, lemon juice, water, honey and a little vegex or Savita, is a delicious dressing.

SOUPS

BARLEY VEGETABLE SOUP

beef bone
2 quarts water
1 small can tomatoes
2 tablespoons rice or barley
1 teaspoon salt
¼ teaspoon paprika
3 large carrots (use large shredder)
3 large turnips (use large shredder)
3 large potatoes (use large shredder)
1 large onion (use medium shredder)

Cook until meat and vegetables are done. Serve hot.

POTATO SOUP

3 potatoes
4 cups milk
1 onion
2 stalks celery
1 teaspoon salt
¼ teaspoon pepper
2 tablespoon butter
1 tablespoon flour

Shred potatoes, onion and celery on medium shredder. Boil with as little water as possible until tender. Add butter and flour creamed together with milk, and season with salt and pepper. Let come to a boil and serve at once.

CELERY SOUP

2 cups shredded celery
1½ quarts water or milk
salt
pepper

Shred celery on coarse shredder and boil until cooked. Add one quart water or milk and season with salt and pepper and thicken a little with flour.

VEGETABLE SOUP

1 cup diced potatoes
1 cup diced carrots
½ cup diced turnips
½ cup shredded onions
1½ quarts water
1 soup bone

Boil soup bone until nearly cooked, then add vegetables shredded or diced on medium shredder and boil until well cooked. Flavor with salt and pepper and thicken a little with flour if desired.

VEGETABLES (Cooked)

CARROTS DE LUXE

Pare and dice on medium shredder 6 cupfuls of young carrots. Cook until tender. Take 2 cupfuls of medium white sauce to which add 1 tablespoonful of grated onion, 1 tablespoonful finely shredded celery, same quantity shredded parsley. Arrange the hot cooked carrots in serving dish and pour white sauce over them.

CREAMED CABBAGE

2 cups cold cabbage (shredded medium)
2 tablespoons flour
1 teaspoon salt
cracker crumbs
1 tablespoon butter
2 cups hot milk
1 teaspoon pepper

Place shredded cabbage in dish with tight cover in oven for about 15 minutes or until tender. Melt the butter in a saucepan, add the flour, stir quickly until smooth then add the hot milk gradually, stir until it thickens, add salt and pepper, pour over the cabbage, cover with crumbs moistened with melted butter and brown in the oven. (Creamed carrots could be done the same way.)

FRIED POTATOES

Best results obtained with large potatoes. We suggest thoroughly washing and scraping but not peeling. Shred on coarse shredder in long shreds. Put a small amount of butter in frying pan. Lay potatoes evenly across pan. Salt and pepper to suit. Place cover on pan. Cook from eight to ten minutes or until well browned. Turn over with pancake lifter and brown on other side.

CREAMED TURNIP WITH ONIONS

3 tablespoons flour
1 teaspoon salt
pinch pepper
1½ cupfuls milk
grated cheese
12 small onions
6 medium sized white turnips
3 tablespoons butter
minced parsley

Onions should be skinned first, then dice turnips on medium shredder. Cook vegetables until tender. Melt butter, add flour, pepper and salt. Stir in gradually the milk. Cook until thickened, stirring constantly. Diced turnip is then placed in serving dish in center of which is placed part of the onions. Pour the white sauce over and sprinkle with mixed parsley, onions and grated cheese. Serving for six.

FRIED CARROTS

Cut off tips of cooked carrots. Shred on coarse shredder. Dip pieces in milk, roll in white or whole wheat flour. Fry in deep hot vegetable fat. Drain on unglazed paper. Sprinkle with salt. Serve hot.

GLAZED MINT CARROTS

Shred carrots on coarse shredder; put in covered dish with 3 tablespoons hot water; set on middle grate of oven and steam twenty-five minutes.

make a syrup of 2 tablespoons sugar
2 tablespoons butter
2 tablespoons mint leaves
1/3 cup water

Pour over carrots and cook uncovered for ten minutes.

MINNESOTA BAKED PEAS

6 slices bacon
2 cups fresh peas
1 cup cream
¾ teaspoon salt, little pepper
½ cup bread crumbs

The bacon should be cut in small pieces and browned. Add to the peas which have first been cooked and drained, the cream, salt and pepper. Put in dish, with tight cover, add bread crumbs, and bake for 20 minutes in oven.

SCALLOPED POTATOES

½ dozen medium potatoes
½ cup flour
½ teaspoon pepper
4 tablespoons butter
1 teaspoons salt
milk

Scrub potatoes clean (peeling not necessary) and shred with coarse shredder. Place shredded potatoes in layers in baking dish putting on each layer a little butter and flour, salt and pepper. Add enough milk to just show through the potatoes. Place in oven to bake until tender.

(This can be changed and made delicious by adding a few shredded onions with the potatoes and bake together, or a little shredded cheese gives a delightful change.)

SHOESTRING OR JULIENNE POTATO

Shred 5 or 6 potatoes on coarse shredder (skin and all). Soak in cold water ½ to 1 hour. Drain. Dry between towels and fry in deep hot vegetable fat until a delicate brown. Drain on unglazed paper. Sprinkle with salt.

STUFFED ONIONS

6 medium sized onions
½ cup shredded green pepper
½ cup bread crumbs
½ cup milk

Remove a slice from top of each onion and steam the onions until tender. Drain and remove the centers, making 6 little cups. Chop the onion that you have scooped out and combine it with ham and bread crumbs. Fill the onion cups. Place them in baking dish, cover with bread crumbs, add milk and bake until tender.

VEGETABLE ROLL

1½ cups flour
½ teaspoon pepper
1 teaspoon salt
2 tablespoons baking powder
4 tablespoons butter

Mix and sift dry ingredients; cut in butter. Add enough water to form dough. Roll out to ¼ inch thickness. Spread with thinly sliced tomatoes, shredded onions and green peppers, using finest shredder; season and dot with butter.

Roll as for jelly and bake in a slow oven 50 minutes. Serve with cheese sauce made by combining with shredded cheese plain white sauce. Garnish with minced parsley.

Helpful Hints and Suggestions

THE four following pages are here set forth in order that the users of THE WONDER SHREDDERS may be assisted in obtaining greater value in using their shredders, thus enabling them to maintain better health. See index on page 31. The foods we eat should contain all the food elements that the body requires. The body contains 17 elements and these elements should be taken into the body in the correct proportions in order to have good health. A good variety of fruits and vegetables properly prepared contain all these elements, so great care should be taken in preparing them in order not to damage the food values.

USES OF FINE SHREDDER

Use FINE SHREDDER to prepare all crisp vegetables such as carrots, beets, radishes, turnips, parsnips and sweet potatoes for raw salads; carrots for puddings or marmalade; orange, lemon or grapefruit marmalade; apple snow; vegetable health drinks; shredding fresh cocoanuts; cheese for toasted cheese sandwiches or cheese for macaroni and cheese; suet for puddings, etc. All these should be prepared on the FINE SHREDDER. Use FINE SHREDDER for all grating purposes, also use it for chocolate, horse-radish, lemon or orange rind for pies, cakes and cookies; potatoes for potato pancakes. Your crisp vegetable salads look so tasty and nice prepared this way.

USES OF MEDIUM SHREDDER

The MEDIUM SHREDDER is particularly good for preparing cabbage for cabbage salads or cole slaw; for soups; for cooking vegetables—the modern way; for crisp celery; apples, pineapples, pears, peaches, bananas, etc., for fruit salads; peels for fruit cakes; citron for preserves; dicing vegetables; onions for salads; cutting noodles; cold meats; soap chips, etc.

USES OF COARSE SHREDDER

Use COARSE SHREDDER to prepare apples for pies, baking apples, apple sauce, apple puddings or dumplings (see paragraph on "How to shred apples for pies"); potatoes for shoe strings or scalloping; for chip vegetables; frying onions; green tomatoes, onions or cucumbers for pickles; sauerkraut; head lettuce; taking corn off cob; for steaming squash, pumpkins and vegetable marrows for pies, etc.

HOW TO GET LONG AND SHORT SHREDS

Long shreds will always be obtained if these three simple suggestions are followed. FIRST: Always run vegetables from top to bottom of shredding surface. Do not run vegetable back and forth in short strokes as on a grater as this will give short shreds and clog shredder. SECOND: Hold vegetable lengthwise or parallel with shredder as in Fig. A. If held crosswise as in Fig. C shreds will be short. THIRD: Hold vegetable flat on shredder as in Fig. A and not upright, or slanting as in Fig. B.

To obtain short shreds hold vegetable upright and run over shredder. To get still shorter shreds score vegetable with knife and run over shredder in opposite direction to scores the same as in dicing shown in Fig. D, page 28.

To get long or short shreds on cabbage see paragraph on "How To Shred Cabbage."

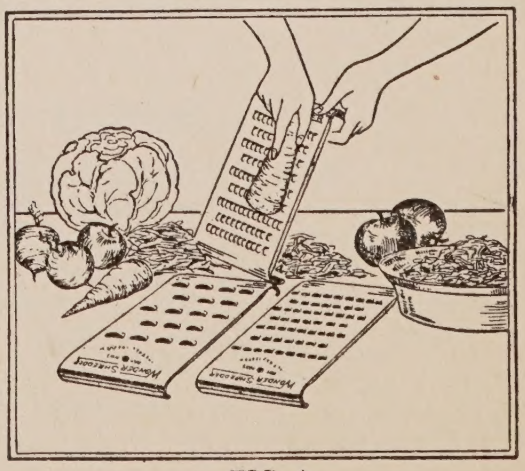

FIG. A

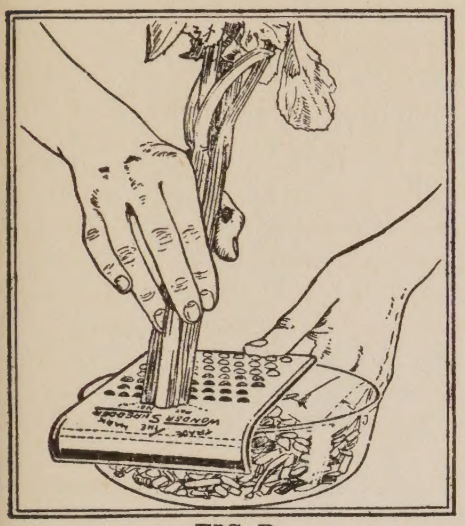

FIG. B

HOW TO SHRED CELERY

After taking celery apart and thoroughly washing it, take two, three or more sticks and pull them over the shredder towards you in quick short strokes. Do not run celery against shredder the same way as shredding most vegetables (as celery may become stringy) but hold it slanting towards you and pull it briskly but lightly against the cutting projections. This will cut strings clean in celery, also rhubarb, green peppers, string beans, etc. By slanting celery more towards you, longer shreds can be obtained. The MEDIUM and FINE sized shredders are recommended for salads and the LARGE size for soups.

HOW TO GRATE WITH A SHREDDER

To grate with a shredder, always use FINE size. First run vegetable or fruit lightly back and forth across shredder on an angle, that is, cornerwise, in similar manner to Fig. C. The smaller the angle the finer the grating. For very fine grating run fruit or vegetable almost across shredder or in a very small angle.

USES: To grate rind off lemons or oranges for pie filling; potatoes for pancakes; horse-radish, chocolate, bread crumbs, cheese, nutmeg; also vegetables for garnishing or for very finely cut salads.

VEGETABLE HEALTH DRINKS

Shred about 10 oz. vegetables with fine shredder, cover with water and let soak in water about an hour, then squeeze out the juice. Drink twice this amount daily. Carrot juice is very valuable for kidney trouble and beet juice is a wonderful aid in dissolving gall stones, and may also be used as natural coloring for gelatine. Vegetable juice drinks build up the teeth, muscle and bone; beautify the skin of both young and old, and are especially valuable for children. Many children lose their teeth and eyesight very young, because vegetable and fruit juices are not used and vegetables are boiled and water often thrown away. Apples, pears, pineapples, etc., may be shredded and juice squeezed out, making delicious fruit drinks.

FIG. C

HOW TO SHRED ONIONS

Onions should first be peeled then stems should be cut off, but the roots should be left on. The root holds onion together while shredding which can then be thrown away. Start shredding from the stem, towards the root across the onion. Onions can be cut very rapidly and nicely this way. The MEDIUM size is recommended for salads and for relishes; the COARSE size for pickles, soups and frying onions, etc.

DICING—THE MODERN WAY

Dicing may be done in various sizes and shapes by using the three sizes of shredders and using the following suggestions:

MEDIUM DICES. First score the vegetable with a sharp knife about ¼ inch apart and push down medium shredder in opposite direction to the scores. This gives quarter inch cubes and is quite dainty for soups, also vegetable and fruit salads. See Fig. D.

LARGE DICES. By making scores in vegetables half an inch apart and pushing down coarse shredder makes large dices for creaming new potatoes or young carrots; also dicing fruits such as apples, pears, bananas, pineapples for salads.

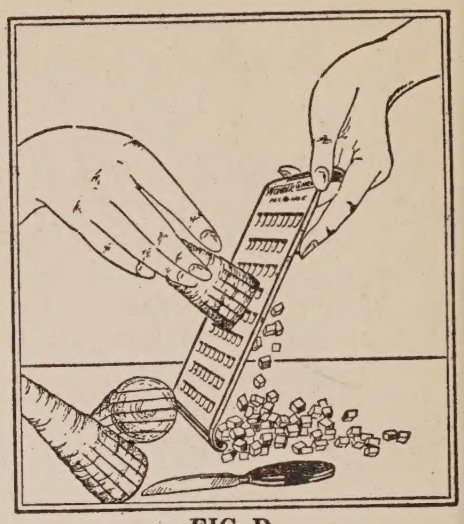

FIG. D

FINE DICES. First score vegetable, such as beets, carrots, parsnips, with score quite close together not over ⅛ inch apart. Then hold fine shredder above the salad and allow these tiny cubes to drop directly on the salad. This method of garnishing makes very attractive salads, especially so when beets are diced.

HOW TO SHRED PINEAPPLE

One easy method of shredding pineapple is to first cut off the end and peel it half way down, picking out the dark spots; then shred down to where it is peeled and proceed with the other half by peeling and shredding to bottom. Any one of the three sized shredders can be used to get fine, medium or coarse shreds or it can be diced as shown in Fig. D. Also see paragraph, "Dicing the Modern Way."

Another way to shred a pineapple is to quarter it and then shred the inside part right down to the peeling which can then be thrown away. This does away with peeling and is quite simple and satisfactory.

HOW TO SHRED APPLES FOR PIES, BAKING, ETC.

To make apple pies: wash apples thoroughly, then take coarse shredder and shred apples directly into pie as shown in Fig. E. Shred down on the four sides of apple, keeping stem parallel with shredder, as in Fig. E, until core is reached. The core is then thrown away. Do not peel apples as the richest flavors and food elements lie in and around the skin. Pies will have a richer flavor; bits of peeling are not noticed; there is a big saving of apple, and pies are made so much quicker. By not peeling and by using coarse shredder, slices of apple cook evenly with crust and pie is delicious.

FIG. E

The same method of not peeling or coring apples may be used for apple sauce, apple dumpling, apple snow, fruit salads, etc., on any of the three sizes of shredders or on the new grater.

HOW TO SHRED CABBAGE

To shred cabbage, set whole cabbage on table, do not quarter or halve it. Take MEDIUM SHREDDER inverted in hand with cutting projections down as in Fig. F, and pull the shredder briskly over the cabbage toward you. First remove outer leaves, then take three or four strokes with shredder off the top of cabbage; then start shredding by turning cabbage, working with the grain to get the long shreds; to get short shreds pull shredder across the grain.

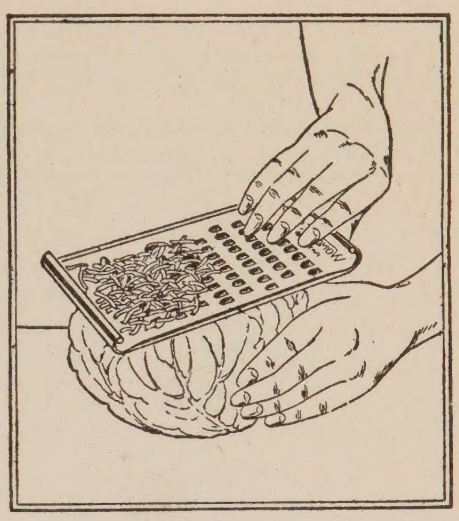

FIG. F

COOKING VEGETABLES— THE MODERN WAY

The following is the fastest, easiest and most practical method for cooking vegetables. There will be no loss of flavors or food values, and vegetables go much further. Therefore much time and money is saved; vegetables look so pretty and all food elements are retained.

DIRECTIONS: Wash vegetables thoroughly (do not peel); shred them on MEDIUM sized shredder into any dish having a tight lid. Do not use any water unless vegetables are very dry. The best results will be had by placing dish in the oven with a medium heat. It requires about 20 minutes, or less, to cook vegetables thoroughly, beets included. This may appear to be baking them, but as cover is kept on tight, it is actually steaming them scientifically. All vegetables, such as potatoes, carrots, beets, parsnips, cabbage should be shredded and may be put in the same dish, but in separate piles, without flavors or colors mixing. Remember that beets will not bleed and can be cooked in the same dish with vegetables such as potatoes, parsnips, cabbage without colors or flavors running together. Pyrex dishes are highly recommended for cooking vegetables, as they look so pretty served in them. Enamel or earthenware dishes are also highly recommended, but any dish with a tight cover can be used. Do not use steamers, as most steamers are perforated, allowing steam to escape, which destroys both flavor and food values of vegetables.

Vegetables may also be cooked by placing dish on back of stove; or by turning gas very low; or by using an asbestos mat over flame. Vegetables should never be peeled. A stiff brush or copper cleaning mit is recommended as it is easier and quicker than peeling. By preparing and cooking vegetables in this manner, peelings are not noticed.

A piece of butter put on each pile of vegetables after cooking runs over and gives a delicious flavor. Buttered beets are so good this way. Seasoning should be added after vegetables are cooked. An onion shredded and mixed with any vegetables while cooking makes them very tasty. If dish is first well heated it will prevent potatoes or other vegetables from darkening.

TO STEAM VEGETABLES OR FOR SCALLOPING, have oven 275 to 300 degrees.

TIME TABLE

The following times given are approximately right but will be found to vary slightly, depending upon state of the oven when used, etc., etc.

To Cook Your Meats

Oven temperature should be at 450 degrees Fahrenheit. After searing meat at this heat best results will be obtained by reducing heat to the required temperature and cook the required time per pound as shown below.

Meat	Fahrenheit Degrees	Per pound Time
Beef rare	400	10 to 12 minutes
Beef medium	450	15 to 20 minutes
Lamb	350	20 minutes
Mutton	375	30 minutes
Veal	350	30 minutes
Pork	350	40 minutes
Chicken	350	25 minutes
Turkey	350	30 minutes
Goose	375	25 minutes
Duck	375	30 minutes
Game	350-375	30 minutes

Time Per Pound for Simmering Meats

Beef ..... 50 minutes per pound
Mutton ..... 30 minutes per pound
Corn beef ..... 30 minutes per pound
Ham ..... 20 minutes per pound
Chicken .....20 minutes per pound

BAKING

Bread, light.....1 hour
Bread, graham or ginger.....40 minutes
Bread, rye.....1 hour
Biscuits and rolls.....10 to 20 minutes
Graham gems .....30 minutes
Popovers .....40 minutes
Pies .....30 to 45 minutes
Pie crust .....about 20 minutes
Custards .....45 minutes to 1 hour
Cake, sponge .....25 to 45 minutes
Cake, plain .....20 to 30 minutes
Fruit cake .....2 to 3 hours
Pudding, bread .....30 to 40 minutes
Pudding, tapioca.....30 minutes
Doughnuts .....5 minutes

TABLE OF EQUIVALENTS

3 teaspoons, level.....1 tablespoon
4 teaspoons, level.....¼ cup
4 tablespoons, level.....1 ounce
4 tablespoons, flour.....1 ounce
2 tablespoons sugar.....1 ounce
2 tablespoons butter.....1 ounce
1 square chocolate.....1 ounce
½ cup.....1 grill
2 grills .....1 cupful
2 cups .....1 pint
2 tablespoonsfuls, liquid.....1 ounce
1 tablespoon salt, rounding.....1 ounce
16 ounces.....1 pound or 1 pint liquid
3 cups cornmeal.....1 pound
2 cups butter solid.....1 pound
2 cups granulated sugar.....1 pound
2½ cups powdered sugar.....1 pound
1 quart flour.....1 pound
1 pint brown sugar.....13 ounces
1 pint of milk.....1 pound

To assure the best results accurate measurements are necessary. It is true that an experienced cook is capable of judging at sight certain measurements. But to insure the same results each time it should always be remembered to measure each ingredient. To this end the following standard measurements will be helpful: measuring cup, spatula, tablespoon and teaspoon, and a pint and quart measure.

All above measurements are level.

All ingredients should be sifted or broken before measuring. Solids should be packed into measuring cups and leveled off.

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OVEN TEMPERATURES

Slow	**Moderate**
250-350 degrees	350-400 degrees
Custards, Meringues	Bread, Cakes
Hot or Quick	**Very Hot**
400-425 degrees	425-500 degrees
Biscuits, Pastry, Rolls, Cookies	Roast Meat, Roast Poultry, Puff Pastry

If you have no oven thermometer you will find the following tests quite accurate.

Place a piece of white paper in the oven for five minutes and observe the action of the heat on it and gauge as follows:

Moderate—if paper turns yellow.

Hot or Quick—if paper turns dark yellow.

Slow Oven—If paper turns light yellow.

Very Hot—if paper turns dark brown.

Oven is too hot if paper chars, and heat can be reduced quickly by placing a pan of cold water in it.

Use as little water as possible in pan when roasting meats and the roast will not shrink and will retain the natural juices better, making it more nourishing and its flavor more delicious. Use open pan for roasting meats. Do not season meat before cooking, for salt draws the juices out of meat. If you prefer seasoning before cooking put seasoning on a piece of suet which could be laid on the roast.

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Carrot Marmalade ----11
Golden Marmalade ----11
Sweet Orange Marmalade ----11

MINCE MEAT (See Fillings for Pies)

MUFFINS
Delicious Bran Muffins ----12
Dutch Graham Muffins ----12

PANCAKES
German Potato Cakes ----12
Potato Pancakes ----12
Whole Wheat Pancakes ----13

PASTRY
Pie Crust ----13
Whole Wheat Pie Crust ----13

PIES (See Fillings for Pies)

PUDDINGS
Apple Roll ----13
Brown Betty ----14
Carrot Pudding No. 1 ----14
Carrot Pudding No. 2 ----14
Carrot Pudding No. 3 ----14
Old-fashioned Apple Pudding ----14
Suet Pudding ----15

SALADS
Bird's Nest Salad ----15
Cabbage, Apple and Raisin Salad ----16
Cabbage Cheese Salad ----16
Carrot and Cabbage Salad Supreme----16
Celery and Apple Salad ----16
Chilled Vegetable Salad ----16
Cucumber and Pimento Salad ----15
Deviled Egg Salad ----16
Economic Carrot Salad ----17
Fresh Fruit Salad ----17
Frizzled Cabbage—Manhattan Style----17
Ideal Orange Nut Salad ----17
Jellied Pea Salad ----18
Jello Vegetable Salad ----17
Lucky Boy Carrot Salad ----18
Marvel Cheese Salad ----19
Potato and Egg Salad ----18
Potato Salad ----19
Perfection Salad ----18
Pineapple and Shrimp Salad ----19
Plain Cottage Cheese Salad ----19
Pyramid Salad ----19
Queen Cabbage Salad ----20
Radio Salad ----20
Stuffed Beet Salad ----20
Stuffed Vegetable Salad ----20
Sunset Salad ----20
Tomato with Jellied Stuffing ----21
Waldorf Salad ----21

SALAD DRESSINGS
French Dressing ----21
Mayonnaise Dressing (uncooked) ----21
Salad Dressing ----22
Wonder Salad Dressing ----22

SOUPS
Barley Vegetable Soup ----22
Celery Soup ----23
Potato Soup ----22
Vegetable Soup ----23

VEGETABLES (Cooked, Baked, Chip, Fried, Steamed and Misc. Vegetable Dishes).
Carrots De Luxe ----23
Creamed Cabbage ----23
Creamed Turnip with Onions ----24
Fried Carrots ----23
Fried Potatoes ----24
Glazed Mint Carrots ----24
Minnesota Baked Peas ----24
Scalloped Potatoes ----24
Shoestring or Julienne Potatoes----25
Stuffed Onions ----25
Vegetable Roll ----25

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